HUMAN SEXUALITY PROGRAM - YEAR 5

Dear Parents/Caregivers,

Each year the students in Year 6 participate in the Human Sexuality Program. This year, Human Sexuality will also be taught in Year 5. This change has been made to incorporate mandatory stage 3 outcomes in the Personal Development, Health and Physical Education syllabus, better meet the needs of our students and reflect changes in society. The unit will introduce puberty, bodily changes and emotions.

A summary of the program has been provided below.

OVERVIEW

Week 6: Changing Body - Taught to boys and girls
1. Male and female external genitals
2. Male and female reproductive system
3. Body changes during puberty – male and female

Week 7: Social and Emotional Changes – Taught to boys and girls
1. Physical development and changes in boys and girls
2. Hormones
3. Emotional changes – moodiness, embarrassment, body image
4. Social changes – support network: parents, school, friends, phone, Internet, Internet safety

Week 8: Menstruation – Taught to girls separately
1. What is a period?
2. Why do girls get periods?
3. The menstrual cycle.
4. Hygiene and managing your period at school.
Girls will be issued with sample feminine hygiene products and an information booklet. Please take this opportunity to discuss these items and read the booklet with your daughter.
Girls will also revisit Week 6 content and discuss body changes during puberty for both females and males.

Week 8: Male Puberty – Taught to boys separately
1. Further investigation of changes to the male body.
2. Nocturnal emissions.
3. Changing hygiene needs as male hormones increase.
Boys will also revisit Week 6 content and discuss body changes during puberty for males and females including menstruation.
Please note that this program does not deal with reproduction or childbirth. However, as a result of the content covered, questions about reproduction may arise. These questions will be answered, if appropriate to the topic, but students will generally be referred to a parent or adult carer to answer questions about reproduction and childbirth. Boys and girls will be separated for in depth lessons on menstruation and further investigation of male puberty. These topics are taught to both boys and girls in the Year 6 Human Sexuality program.

If you have any questions or concerns about the program, please contact your child’s teacher or me.

If you do not wish your child to participate in a particular session or sessions please inform your child’s teacher in writing.

The program will commence from next Monday, week 6, of this term.

Thank you for your support,

[Signature]

Miss Christine Quensell
Rel. Assistant Principal